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A replica Olympic torch adds personal touch to condo **P. 4**

SHARP EATS:

Make your morning oatmeal a drink with new smoothie product **P. 18**

WINE WORLD:

Toast spring with a salad-friendly pick from France **P. 19**

SMALL TEAM, BIG SUCCESS

HOW JOEL WELLS KEPT SPINNING OUT BASKETBALL WINNERS WITH HARVEST CITY CHRISTIAN ACADEMY **P. 6**



FREE

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ON THE COVER P. 6



Joel Wells coached the Harvest City Christian Academy's Harvest City Warriors in Regina to a record eight consecutive provincial titles from 2007 to '13. **QC PHOTO BY TROY FLEECE**

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Sylvie Warden's condo is her retreat, as she travels extensively for work. She wanted a place that she could leave without worrying about maintenance. **QC PHOTO BY BOB HEALY**

QC COVER PHOTO BY TROY FLEECE

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SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email QC@leaderpost.com

REGINA'S BEST SPACES

Condo reflects owner's sense of fun, relaxation

By Ashley Martin

WHO? Sylvie Wondrus, a high performance figure skating coach.

WHAT/WHERE? Her 1,380-square-foot condo in south Regina.

WHEN? The condo complex was built in 2010. When Wondrus bought it, it was years ago. She got to customize all the details, which she enjoyed doing.

WHY? It was important that her place be a retreat, as she travels often provincially and nationally for work. She wanted a place that she could relax without worried about maintenance.

Making this home "was a chance to rediscover my 'little piece of heaven' over weekends."

Customizing a "I just felt like I could bring my own personality in it so when I did come back from work, it would feel homey," she added.

Little things — flowers instead of eucalyptus in the bathroom and kitchen, keeping an open dining area contrary to the blueprint, installing a sound system throughout to hear music in every room — allowed her to put her stamp on the place.

HOW? Wondrus' personality is reflected everywhere in the space, from the relaxing neutral colours to the European-influenced artwork.

She mixes vintage and modern in the dining area, pairing a refinished 19th-century table that her father found long ago as a garage sale with new chairs from Home Outfitters. "I just liked of the chairs, you can spend up and change it."

QC PHOTOS BY GON HALL



SPACES



A focal point of the living room is her baby grand piano — “my first love,” she called it. Wandousa took piano lessons for a few years as a child and would like to learn again.

A prized possession is the Olympic torch in her bedroom. It is a replica of one that was in her family — her dad’s brother ran with the torch one year. Another uncle, her mother’s brother, competed in wrestling in the 1976 Olympics.

Seeing the torch at her parents’ house in Ottawa “inspired me to be who I am,” said Wandousa, who has coached elite Olympic athletes in figure skating.

For her, the torch symbolizes “reaching to be the best in whatever you want. In life it’s to be

best you can, give what you can too. Everybody has different gifts,” said Wandousa. “Working hard to me, that’s a big thing.”

Her work has taken her across the country from her hometown of Ottawa and Regina to not her last destination. This week, Wandousa started a job coaching at Edmonstone’s prestigious Royal Glenora, which means she’s staying hot candle.

She loves her neighbours and the space itself — the open-concept layout is great for entertaining.

“Those someone creates it as much as I have enjoyed it... and appreciates it as much.”

amand@leapreport.com

Twitter: @amand@leapreport

ON THE COVER

To climb the mountain is half the fun.

— Joel Wells

HIGH SCHOOL BASKETBALL

Joel Wells produces winners on the court and in life



Former coach Joel Wells and the Harvest City Hoopsters pose for a record for most consecutive high school boys' basketball championships (10) in their history.

By Don Rice

As a Grade 10 student about 20 years ago Joel Wells organized the first basketball team to play for Regina Harvest City Christian Academy.

They had no school gym, so before each practice he stood at the door of a rental gym and collected \$5 from each player. They pooled their money to buy a single leather ball. Since they had no coach, Wells recruited one.

That first year they had no league to play in, so they practiced all season. They attended just one provincial tournament, at a convention in Saskatoon.

Move forward a couple of decades. Wells is all grown up, and so is the basketball team he was instrumental in creating. The Gentle 16 kid with a passion for hoops went on to coaching the all-time Saskatchewan high school basketball record for most consecutive provincial championships in the province.

He led the Harvest City Hoopsters, born in the basket of setbacks, to eight consecutive Hoops titles from 2001 to 2014.

Winning just one provincial championship is a formidable task for any school, let alone eight in a row. "More impossible," said Fred Wall, a rival coach from Oiler Valley Christian Academy.

How hard is it? Key players graduate every year, and the roster is in a perpetual state of turnover. Multiple playoff rounds prior to Hoops can be unprofitable. And all the time, top schools wear a growing target on their back so other schools try to knock them off their pedestal.

"You might see a run of two or three years, perhaps," said Wall whose team ended the Hoopers' lengthy championship run by defeating them

15-91 in the regional playoff finals in March. But to do it for eight years, it speaks volumes to the commitment of their athletes and the commitment of their coaching there. That's really remarkable.

Harvest City shares its record winning streak with one other school, the Swift Current Ardena girls team, who collected gold from 1941 to 1993. The Ardena were led by three different coaches during their record stretch.

But my famous quote to the boys has always been, 'I don't care if you win a Hoopla championship but you lose in life. I would far rather you win in life and lose a provincial title.' — Wells



Burnaby North Secondary celebrates its win in the 3A boys final at Burnaby College in Saskatoon in 2003. (Photo by Rick Hill/LEADERPOST)

Julian Aguilera and Daniel Peltz were also high level senior athletes last year. Wells noted that Simon was known to score between 30 to 50 points per game while at was not unusual for Aguilera to reach 30 to 35 and Peltz between 20 and 30.

"Last year, I just knew we had such a special team and we needed to move onto a level where we were really going to be pushed to win," Wells said about moving up to 3A. "To climb the mountain is half the fun. We needed to be challenged, and so that was the decision we made."

They extended their streak to eight last season's 3A win, a victory that Wells calls one of the most significant of his career. He knew it would be his last as coach.

Wells stepped down from the senior team to allow more time with his wife Angela and daughter aged 11, mine and son.

He didn't step away from coaching all together. He now coaches his eldest daughter on a team he formed last year when she was in Grade 10.

When Wells first let it be known that he was starting a new club

team, his phone rang non-stop with parents wanting their kids to join.

"I actually could have started two or three club teams with the amount of people that were phoning," Wells said. "People want their kids to get more coaching, and I guess I had a good reputation so that didn't hurt. I absolutely loved it."

Two coaches took over the senior boys' team this year: Jeremy Laid, an assistant under Wells who also played on the school's first Hoopla winning team in 2006, teamed with Jason Milder, who taught the junior

boys team last season.

The new coaches got the most they could out of the boys, but saw the streak end when they ran into a powerful Oyster Lake team in the regional championship final. Despite finishing one step away from Hoopla this year, they still ranked as one of the eight best 3A teams in the province. If the team had played in the 3A category where they actually belonged, their streak might be nine.

Marg Brown, who coached the South Central Astoria through four of their eight straight champion-

ship seasons, was pleased to hear another team had the Astoria's all time record.

"Records are made to be broken," Brown said from her average near Clatskanie, Alta.

Brown modified working all non-sensitive league exhibitions and provincial games at one point, giving their Hoopla championship to run, and that the streak was finally scored in the media in those days.

"To win year after year after year, it's hard to get to the top, but it's harder to stay there."

Playing for him is definitely a privilege ... He taught about life and how to become a man, and how to be on and off the court. — Thomas Edquiane



Harvest City's guard Dave Jones. Left: one of four 16th birthday players during the team's story of championship season. (C. PHOTOS BY MICHAEL WILL)

Brown, like White, meet on to match her grandkids starting when they were in Grade 5.

"Every year becomes more difficult and more difficult it's a lot. It's not easy days, and it's probably even tougher now than it was when I coached because kids are starting to play younger in the culture of basketball is probably even further advanced."

"Following my students after their playing days were over and seeing them take the lessons that they'd learned when they were competing, into the real stage in life, was even more rewarding than the wins."

Wide look over pastoring at Harvest City

Church, with a congregation of about 1,000, for his father Dave White, who led the church for 35 years. Dave remains on staff with his wife Linda.

Thomas Edquiane, who played four years under White and wrapped up his own five-year playing career this season, is quick to praise his former coach.

"Joe White is no one for pretty much every body that's played here so far," said the 16-year-old. "Playing for him is definitely a privilege because he didn't just teach basketball. He taught about life and how to become a man, and how to be on and off the court."

also@harvestcity.com

Phillips Blinds: Putting Experience to Work for You

Linda and Rob Phillips are the proud owners of **Phillips Blinds & Shades**, located at 1820 9th Ave. N. Rob has over 35 years of experience in the window coverings business. Rob worked at Eaton's for 20 years in the window covering department. When Eaton's closed its doors, Rob naturally went into businesses for himself. He and Linda decided it was time to venture out on their own and have found great success. Phillips Blinds and Shades is locally owned and operated and has created an impressive list of clientele. In 2012 and 2013 Phillips Blinds & Shades was one of the top 3 Graber dealers across Canada and #1 in Saskatchewan.

As owners, they come to your home and personally measure windows and show you samples of product ranging from Graber Crystal Pleat cellular shades, faux wood blinds, horizontal blinds, roman and roller shades, shutters and motorization. By far, they say, cellular blinds are today's most popular window

treatments. Cellular blinds offer insulation value and options for privacy while still allowing natural light. Blackout cellular blinds are popular for bedrooms. When your order arrives the owner is the one to install your brand new window treatments.

There is something to be said for dealing directly with the owner of a business in today's day and age. They are your first point of contact and the only people you'll deal with throughout the process. It's no wonder they are known for excellent customer service — no one cares more for their customers than the owners themselves and these two prove the theory to be true. Phillips Blinds & Shades offer free in home estimates and free installation.

Stop in to see Linda and Rob at the showroom at 1820 9th Ave. N. or online at www.phillipsblindsandshades.com



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GRABER



IN THE CITY

F APRIL 5, 2015 — 2:28 P.M.

A holiday hunt



Anaya Recarte looks up at an Easter egg hidden in a 7th-floor display at the Royal Saskatchewan Museum in Regina. The RSM welcomed children to participate in an Easter egg hunt. GC PHOTO BY MICHAEL BELL.

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EVENTS

MUSIC

Wednesday, April 8

Wednesday Night Folk, Bradford
Burdwicks, 230 E. Broadway

Open Jam
5-10 p.m. Eastview Community Centre, 610 68th Ave.

Crescendo
McNelly's, 2226 Denchway Ave.

Three Men, Home Movies, Winnipeg
The Club at the Exchange, 2431 Eighth Ave.

The Alley Dancers
Lakeland, 6330 Albert St.

J.R. Gormer
The Exchange, 2431 Eighth Ave.

U of W Jazz Band
Playing music from the libraries of Count Basie, Gordon Goodwin, Duke Ellington, Woody Herman and more.
8 p.m. U of W Medical Centre, University Theatre

Thursday, April 9
Live music
Fox Bunkers, 1002 Sourin St.

Jeffrey Straker
The Arcticon, 2627 12th Ave.

Acas Wild!
The Pump, 640 Victoria Ave. E.

Friday, April 10

Weekly Drum Circle
Instruments provided.
7:30-9 p.m. The Living Spirit Centre, 2048 Dean St. Call 604-560-3963.

Benke Jones, The Lugs
The Exchange, 2431 Eighth Ave.

Jeffrey Straker
The Arcticon, 2627 12th Ave.

High Kick, Snake Route to Alaska, The Mohrs
Chauvin's, 1617 34th St.

Acas Wild!
The Pump, 640 Victoria Ave. E.

The "New" Montagues
McNelly's, 2226 Denchway Ave.

Uzma Hayat
Artful Dodger, 1631 18th Ave.



Catch Uzma Hayat Friday at the Artful Dodger

Saturday, April 11

Open Acoustic Jam
2:30-5 p.m. Broadway's Lounge, 1017 Broadway Ave.

Live music jam
All types of music welcome.
Hosted by Sarah Kinsella.
Every Saturday, 6-9 p.m.
The Top, 309 Albert St.

Open Mic with Mother Night
7:30 p.m. \$15 fundraise includes pizza.
Artful Dodger, 1631 18th Ave.

The Granta of Europe
Regina Symphony Orchestra
8 p.m. Government House, 407 Denchway Ave.

Heritage Tour
Featuring Kristina Hadland
West Pedigree Experience, Megan Hanning and Tim
8:30 a.m. Creative City Centre, 1840 Hamilton St.

Acas Wild!
The Pump, 640 Victoria Ave. E.

The "New" Montagues
McNelly's, 2226 Denchway Ave.

Nick Page, Village Champs, Harb and the Humans, DOGS R. LOA
Fundraiser for Mike Welch, who is seeking \$10,000 treatment in Vancouver, B.C.
The Exchange, 2431 Eighth Ave.

Megan Hain
The Lardache, 4529 Garden St.

Sunday, April 12

Open Jam
Every Sunday 3-8 p.m.
Maja Club, 2018 Victoria Ave.

The Granta of Europe
Regina Symphony Orchestra
3 p.m. Government House, 407 Denchway Ave.

Herman Collet
The Exchange, 2431 Eighth Ave.

Monday, April 13

Monday Night Jazz & Blues
Shane & Diana French
Buckwheat, 3206 Denchway
Tuesday, April 14

Kanoke
McNelly's, 2226 Denchway Ave.

Dave Hoyle, Katie Mathias
Chauvin's, 1617 34th St.

VISUAL ART

Spring Art Show and Sale
Hosted by Bruchwaks Arts Club.
April 12, 1-9 p.m.

April 13, 10 a.m.-5 p.m.
April 14, 11 a.m.-4 p.m.
Nell Ballkirk Arts Centre, 2420 Elphinstone St.

Art show and sale
Regina Federation of Artists
April 13, 1-4 p.m. (Guest the artist, 7-9 p.m.)
April 14, 10 a.m.-5 p.m.

April 12, noon-4 p.m.
Western Place, 2300 Western Dr.

Light Peeking Through Glass
Michael Smith's photographs display a highly technical and imaginative pursuit of light-to-pattern through colourless glass panes.
Until April 15, Inaugural Gallery, Creative City Centre, 1843 Hamilton St.

Edin Hovind: Hald Stenby
Until April 17, Andrievska Gallery, 2046 Smith St.

Martha Coler: Patterns of Ecstasy
Until April 18, Maja Club, 2018 Victoria Ave.
109-1300 West St.

Moving Forward, New! Forgetting
This exhibition presents a space for the north and dialogue and storytelling, encouraging sharing, empathy and deeper understanding of what it means for Indigenous and non-Indigenous peoples to co-exist in the same territories.
Until April 19, Macdonald Art Gallery, 3415 Albert St.

Thick Middle-earth: Joy is just another version of purpose
An immersive installation by Montreal-based artist Théo Modestine, showcasing a major range of materials and processes. Modestine's practices incorporate scientific methods and details from

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Send events to QC@leaderpost.com

consumer culture, organic elements, typography, formalistic construction, and utilitarian building and craft supplies.
Until April 22, Outpost Art gallery - Sherwood Village Road, 6021 Sherwood Road

Quilts
Susan Bock and Lynn Taylor's two-woman band of performance photography. Both artists use stark monochromes, which they animate as actors. In between each act, dancers and their visually records.
Until April 24, 9 a.m.-2 p.m. Monday to Friday
U of W University Club, College West room 213

Annual Salon Show
Until April 25
Art Gallery of Regina, Nell Ballkirk Arts Centre, 2420 Elphinstone St.

Joe Pafford: Men's Arms
With a determination to pay homage to fellow artists, Pafford has taken on the challenge of 10 bronze portraits.
Until April 26, Julia Fine Art Gallery, 2018 W. 16th St.

Landscape and Sky: Contemporary Canadian Paint Art
The Artists of Scott McNeilson
Until April 30, Regina Centre, 1631 Albert St.

Neonatal Dream
#238-8504 South St.
Open Tuesday to Saturday, 10 a.m.-5 p.m.

Neonatal Dream
#238-8504 South St.
Open Tuesday to Saturday, 10 a.m.-5 p.m.

Neonatal Dream
#238-8504 South St.
Open Tuesday to Saturday, 10 a.m.-5 p.m.

Oil and Ink paintings by Chinese artists
Until April 18, 10 a.m.-5 p.m.
2172 Smith St. Open Monday to Saturday, 10 a.m.-5 p.m.

PERFORMANCE

Summertime Blues
April 8-25
Dance Theatre 1801 Scotch St.

Secrets James' Revenge
Angry Mary
Theatre Omega production
April 10-12, Carleton Place, 2430 10th Ave.

Owner Theatre
Featuring comedy/mystery/Dust

of light... Out of Mauds. Call 306-943-2626 for tickets.
April 10-11
April 12 (Season Theatre)
April 16-18
April 24-25
April 27 (Season Theatre)
St. James United Church, 4506 Sherwood Dr.

Pringle Waterfall
Gloria Wilson's one-woman show The Horseman's Periods is Officially Open. Music by Gabriel Nichol. \$15. Regain Insp. com. April 11, 7:30 p.m.
The Arcticon, 2627 12th Ave.

Bluesfest Series
April 12, New Dance Horizons, 2237 Mainway St.

COMEDY

Garry Lee
April 9, 7:30 p.m.
Corvus Arts Centre, 220 Lakeshore Dr.

The Lunch Show
Live standup every Saturday. Starts, 9:30 p.m.
Ravada-Hotel, 1818 Victoria Ave.

DANCING

Friday Night Dancing
Hosted by Adult Social Dance Group. \$5 per couple includes tea and coffee.
Every Friday, 8-10 p.m.
St. Mary's Anglican Church, 3337 55th Ave.

Gliss 81 Dance
Featuring Disco, Rock, and more.
April 10, 8 p.m.-midnight.
Regina Senior Citizens Centre, 2334 Whitting St.

Contemporary Shri-La Social Club
April 11, 8:30 p.m.-1 a.m.
Laguna, 1617 34th St.

Rejoice Society Party
April 11, 8:30 p.m.-1 a.m.
McNelly's, 2226 Denchway Ave.

SPORTS

WCP Cup Soccer
April 6, 8-10 a.m.
April 8, 8-10 a.m.
April 10, 8-10 a.m.

April 11, noon-1 p.m.
Theatre Omega production
April 12, 10 a.m.-10 p.m.
April 13, 8:30-10 p.m.
April 14, 6:30-9:30 p.m.
Credit Union Events/Box, First Place

EVENTS

FOR FAMILIES

Maya's Family Day Egg Hunt
 10 a.m. to 12 p.m.
 Royal Saskatchewan Museum,
 2445 Albert St.

Stairs and Stridlers
 Wednesday, 1 p.m.
 Chrysler Centre, Southland Mall,
 3325 Gordon Rd.

Make a Difference
 Combat bullying through baking, spread kindness with a cookie.
 Wednesday, 5-7 p.m.
 Sweetie Antiques Bakehouse,
 230 Winnipeg St. N.

Drop-in crafts and gym
 Free event for youth aged 5-18
 Thursday, 4-6 p.m.
 Kinsmen Community Centre,
 605 6th Ave.

Drop-in indoor playground
 Friday 9-11 a.m.
 South Lincoln Centre, 192
 Sunset Dr.

Home and Tax themed meetings
 Hosted by Kate Morton, 303-
 236-2051
 Friday 10-11:30 a.m. Early
 Learning Family Centre, Scott
 Collegiate, 339 St. Hill Ave.

Free Themed About to Book
Stories During In-School
 Try interactive reading in the
 wheelchair reading display, water-
 gun play, play in the sports
 simulator.

April 8-17, 3-5 p.m. Sports Hall of
 Fame, 303 Victoria Ave.

Build and Grow Clinics
 Build a special "fortress" project
 for children aged 4-10
 April 10-11 a.m.
 Loxes, 4350 Gordon Rd.

Michener Kids Club
 Wednesday 10 a.m. - noon
 2388 Prince of Wales Dr.

Family Prevention Film
 Enjoy a favourite film for just
 \$2.50
 Saturday, 10 a.m. Gateway Cinemas,
 4242 McCurdy Blvd. N.

Family Activities
 Saturday and Sunday, 2 p.m.
 Saskatchewan Science Centre,
 2923 Powerhouse Dr.

Family Scavilla Sunsets
 Sunday, 2-4 p.m.
 Macdonald Art Gallery, 3475
 Albert St.



The First Nations is to identify Pow Wow is this weekend at Expo Place. (Photo by MICHAEL ST.)

Perpet and Pineshoeer Jungle
 Group
 Monday, 9:30-11 a.m.
 At Wildlife Family Wellness Cen-
 tre, 445 14th Ave.

Science class for kids
 Interactive and fun activities
 early evening
 Tuesday, 5:30-6:30 p.m.
 Saskatchewan Science Centre,
 2923 Powerhouse Dr.

Drop-in crafts and gym
 Free event for youth aged 5-18
 Tuesday, 4-6 p.m.
 Kinsmen Community Centre,
 605 6th Ave.

MUSEUMS

Max Vaux School Museum
 1604 Fourth Ave.
 Tours by appointment only
 (306-533-3003)

Civic Museum of Regina
 1375 Bland St.
 Tuesday-Friday 10 a.m.-4 p.m.
 Saturday 10 a.m.-4 p.m. Closed
 Sunday and Monday

Govt. House Museum & Heritage Property
 4807 Dewdney Ave.
 Tuesday to Sunday, 9 a.m.-4
 p.m.

RCMP Heritage Centre
 5927 Dewdney Ave.
 Open 11 a.m.-5 p.m. daily

Regina Firefighters Museum
 1025 Ross Ave.
 Tours by appointment (306-
 777-1734)

Regina Floral Conservatory
 415-425 Ave.
 Open daily, 9 a.m.-12 p.m.

Royal Saskatchewan Museum
 2445 Albert St.
 Open 9 a.m.-5 p.m. daily

Saskatchewan Military Museum
 1600 Balfour St.
 Open Monday and Thursday, 7-9
 p.m., or by appointment (306-
 427-1343)

Saskatchewan Science Centre
 2923 Powerhouse Dr.
 Tuesday-Friday 9 a.m.-4 p.m.
 Saturday 10 a.m.-4 p.m. Closed
 Sunday

Saskatchewan Sports Hall of Fame
 2925 Victoria Ave.
 Monday-Friday 10 a.m.-4:30
 p.m. Closed weekends

OTHER HAPPENINGS

RCMP Sergeant Major's Parade
 Workshops, 12:35 p.m.
 RCMP Depot Division, 5600 11th
 Ave.

What you need to know to plan your week.
 Send events to QC@leaderpost.com

Local and late sale

April 10-11
 Kinsmen-Metropolitan United
 Church, 2347 Victoria Ave.

Antique Auto Association
 Show
 April 6, 9 a.m.-5 p.m.
 Agriculture building, ExpoPlace

French Club
 Come practice and improve
 your spoken French in a relaxed,
 friendly atmosphere
 April 12, 10-11:30 a.m.
 U of R Language Institute Build-
 ing room 230-Victoria

Majestic Car Show
 April 6, 10 a.m.-5 p.m.
 Canwest Centre Building, 10th
 Floor

Signs of Spring Trade Show
 April 11, 12 p.m.-4 p.m.
 St. Timothy Catholic School,
 260 Sanguet Blvd.

Cris tournament
 held at Pioneer Village
 and Regina Humane Society
 12:30 p.m. onwards
 April 12, noon
 Caples Hall, 1000 Dufferin St.

**First Nations University Pow-
 Wow**
 April 11 and 12, noon
 Brund Centre, Expo Place

Spring Supper
 Recent best baked potato salad
 and dessert, \$10 for adults, \$10
 for children. Free tickets call 236-
 773-7129

April 12, 12:30 p.m.
 Trinity Lutheran Church, 1008
 Osborne St.

**Defiant, Aggressive & Misbe-
 having Kids**
 Children and adolescents with
 ODD, ADHD, anxiety, stress
 and disruptive disorders are
 challenging, exhausting and
 may require a brief respite from
 what we do at home, office,
 and in our lives. Professionals
 that can be really useful to help
 these challenging kids succeed
 services led by Dr. Michael
 Bloomquist, Ph.D. (236-
 4025 Albert St.)

April 14, 9 a.m.-4 p.m.
 Executive Royal Hotel-Regina,
 4025 Albert St.

Time Management Workshop
 Learn to make the best use of
 your time, achieve balance in
 your life, discover how effective
 time management leads to a

less stressful life, and more. Call
 Ernie Hietz at 336-765-1234
 \$15

April 14, 7 p.m.
 Regina Apostolic Church, 808
 Assiniboine Ave. E.

Christy Challenge
 Group in gathering of based
 on Christ's life.
 Every Tuesday, 6 p.m.-midnight
 Pioneer Place, 543 Albert St. N.

FILM

Full Drama
 Foster Sam Ryan (Michael
 Biehn) is an aging cowboy. He
 lives and works in a quiet
 town. A small girl, a letter
 containing him about a small
 incident that may have hap-
 pened 40 years ago, and he
 returns, and Sam is forced to
 reflect on his life.

He is a character and a member
 to a boy named Christopher in
 a small town in North Dakota.
 Directed by Terrence Odeh
 Thursday-Sunday

Heater Drama
 Two homeless men try to make
 a meal in a stolen cardboard
 heater for the infant. Unfor-
 tunately, they find out that
 they have to survive the night.
 Directed by Terrence Odeh
 Friday

Saint Monica Drama
 Two-year-old Monica, her mother
 is to be and Uncle Albert have
 been in a car accident. Monica
 is to be and Uncle Albert have
 been in a car accident. Monica
 is to be and Uncle Albert have
 been in a car accident.

April 12, 12:30 p.m.
 Trinity Lutheran Church, 1008
 Osborne St.

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April 14, 9 a.m.-4 p.m.
 Executive Royal Hotel-Regina,
 4025 Albert St.

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 your time, achieve balance in
 your life, discover how effective
 time management leads to a

less stressful life, and more. Call
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 \$15

April 14, 7 p.m.
 Regina Apostolic Church, 808
 Assiniboine Ave. E.

Christy Challenge
 Group in gathering of based
 on Christ's life.
 Every Tuesday, 6 p.m.-midnight
 Pioneer Place, 543 Albert St. N.

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ON THE SCENE

2015 PARAGON AWARDS

"Paragon" — one online dictionary defines this word as "a person or thing regarded as a perfect example of a particular quality." It's a fine name, then, for the annual business awards that were handed out by the Regina & District Chamber of Commerce April 1 at a gala at the Delta Hotel.

These awards celebrate business excellence among chamber members — paragon winners.

The winning organizations and their categories were:

Harvard Development: Business of the Year

Tara Bolton of Solitude & Soul Home Decor & Gift Studio: **Home Entrepreneur**

St. John's Ambulance: **Community involvement**

Price Talmont Lumber (PIL): **Local Marketing and promotional achievement**

CANMAG Grain Products: **Export achievement**

Frank Harley Dawson: **Customer service excellence**

Regina Food Bank and Potash Corp of Saskatchewan: **Community alliance**

ManPower Group: **Diversity award**

Delta Regina hotel: **Environment excellence**

CDGS Braid: **New business venture**



1. Jerry Riegel, Carl Macdon and Wend Archibald

2. Kristina Ak, Joanne Peng and Cam Ignes Schreiner

3. Bill Penney and Doug Archer

4. David Dillstone and Anne Lindemann

5. Marty Seymour and Sharon Good

6. Brittany Kroschinsky and Johanna Sullivan

7. Michelle Hobbart, Bryce Neider and Kerin Gullacher

8. Anne Castillo serves wine

9. Carissa Holway and Carol Bachynski

10. Les Hubbard, Cheryl Zerk and Stefania Draculik

11. Victoria Gabel and Angela Goodwin

Best
of

OUTSIDE THE LINES



Colouring contest

Each week, artist Stephanie McKay creates a family illustration meant to please kids of all ages.

Children can colour this page, have a picture taken with the finished product and email it to wp@leaderpost.com. One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Tristan Dichter-Dupont**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



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SHARPEATS

SASKATCHEWAN FOOD SCENE

New drink mix makes morning oatmeal convenient

By Jenn Sharp

If you've ever wished you could take your morning oatmeal to go, you're in luck.

The maker of a new smoothie mix made from Saskatchewan oats hopes to become Canada's signature drink.

When George Berreux moved here from Colombia eight years ago, he was surprised that coffee, tea and hot chocolate are the main hot drink options.

But, that didn't mean he was in luck. "That drink is common in South America, but they're a lot of work to make — the oats have to be boiled, then cooked and blended."

Berreux set about to fix a gap in the market. Two years ago by developing, say, Quiklat, a smoothie mix made from skim milk powder and instant oatmeal.

He worked with the Saskatchewan Food Industry Development Centre (Food

Concept) to make the drink easy to prepare. Quiklat was launched a few months ago in vanilla, chocolate and cinnamon flavours. All contain skim milk powder and oat flour, but there's also a milk-free oatmeal version.

"I really want to turn this into an original Canadian winter drink," he says, adding that quality is important for him — all the ingredients are natural.

It's simple to make — just add a cup of hot water to 3 tbsp. of the mix, then blend.

The drink can be served cold too, and tastes even better with a handful of strawberries, a spoonful of almond butter or spooned through into the mix. "I found the mix to be quite sweet so I doubled the amount of water."

A grant from the Saskatchewan Agri Value Initiative (SAVI) two years ago gave the group set a kick start. SAVI helps producers/pro-

cessors develop or expand to add value to a provincial product.

Quiklat is in all 500 Coop stores across Western Canada.

"It's huge for a new product and for a new company," says Berreux.

In addition to the smoothie mix, he also launched Quiklat, which he claims is the world's first healthy coffee whitener made from oats.

"You drink coffee every day but do you think about what you are for a while?" You're only adding colour and chemicals."

Flavoured creamers and coffee whiteners are made from hydrogenated oil and a few sugar-sweetened ingredients. But the products also contain skim milk powder, oil, flour, sugar and milk fat. Berreux says Quiklat products are gluten-free but can't be labelled thus.

The oats are certified gluten-free but unfortunately Canada's labelling standards say all products from being labelled gluten-free. That hasn't hurt sales though.

"The first that it's been has helped me a lot. People like the idea that it's a local product and that it's original," says Berreux.

"I want people that come to Saskatchewan to say 'It was cold, but these guys have a really nice winter drink.' And I want that to be (my drink), an original Canadian drink."

Quiklat is available at Coop in Saskatoon and Regina, Southdale Market Place and Fair Independent Grocer in Saskatoon. Visit saskatoon.ca to order online. In May, Berreux and his team will be doing sampling sessions at Regina's Coop Marketplace store.

jennsharp@thesaskpost.com
Photos courtesy of Sharp



By adding strawberries to the Quiklat vanilla smoothie mix, QC Photos by JENN SHARP

WINE WORLD

SASKATCHEWAN WINE SCENE

Toast spring with a salad-friendly pick from France

By James Romanow

One of the great pleasures of the modern era is you are no longer shack drinking boring old Bordeaux or Burgundy.

There are a thousand different wine grapes out there. Many of them are grown in spots that until recently had no access to the Saskatchewan market. It's our willingness to drink outside the box that keeps these wines moving. Give me your trend, your past, your kind of pick and grapes. You're in drink, bro!

It's officially spring out there and, if you're like me, you are positively lusting after some green crunch. And with green crunch you need a fresh, crisp dry white. And I have just the wine to toast Porshephone this year.

In case you were benched out of that class, Porshephone is the goddess of spring. To her, I dedicate a bottle of Brummond Gros Maussion Sauvignon. You should do the same. These are the grapes of Gascogne, a small, gorgeous slice of France wedged between Bordeaux and the Pyrenees. They make some rivalling Bordeaux but are seldom seen outside the French border. They are also the country of fine grass.

I mention the latter because the province has a food culture well worth exploring. The notion of making a wine that was not food-friendly would produce one of those Gothic wines of disaster and incomprehension. Main one



is clear. No possible.

This is a wine of great texture, crisp citrus, drivers, some tropical fruits and — surprising as a white wine — solid tannic structure. I can think of few wines as absolutely salad- and sipping-friendly as this one.

Brummond Gros Maussion Sauvignon, France, 2012. \$16 ***

More great wines in Monday's StarPhoenix and on Twitter @brummond

Crossword/Sudoku answers

CUPID	SCALE	RAM
UPEND	WOMAN	OVA
BOND	TRADERS	CAR
ANTI	OMANI	SKIP
GAT	DACTYLS	
CTOLOGY	THUS	
OPR	PHOOP	INTER
LOIRE	KAS	AGATE
ASIN	CLIMB	RAI
LATE	SUBTLE	
DEEPEND	SIB	
CRAS	BINGO	IDEM
FOX	PLAYING	SOLO
ODE	MONEY	SERBS
KEEL	SCATS	ASYET

2	9	7	4	6	3	1	5	8
3	8	5	7	9	1	4	6	2
1	6	4	8	5	2	7	9	3
8	7	9	3	4	5	2	1	6
5	1	3	2	8	6	9	4	7
6	4	2	1	7	9	8	3	5
7	5	6	9	2	4	3	8	1
4	2	1	6	3	8	5	7	9
9	3	8	5	1	7	6	2	4

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